

## Reflections

Friday, March 27, 2020

Written Saturday morning, March 28, 2020

It's getting better. I'm learning to adapt and learning new skills.

Adaptation: this whole home office "shelter in place" way of working. After three days, it's better.

New skills: making videos for our products. This last week I recorded (on my phone) introductions to our two global meditations (healing and relaxation). I also recorded a promotional video for Penny to accompany our next wave of appeals. The first couple were twenty takes or so. Lighting was wrong. Sounds in the background. Bad facial expressions, etc. Last time only six takes. So, it's getting better.

I've also tried out the instant meeting function of Zoom. Works pretty well. Last evening we had "happy hour" with my side of the family. Twelve different households participated from North Dakota, Pennsylvania, Minnesota to Virginia. Everyone talked over each other and it was so much fun. Discovered "gallery" view (twelve medium sized pictures, rather than "speaker view"). I'm going to use that for our meetings at my end. You get to choose it on your end (upper right corner of Zoom window.)

The weekly free meditations are a big hit. We've had 7166 views as of this morning of our health and well-being meditation. It's being shared and shared again.

What I've also learned is that our trainers want the scripts (with timing) to translate into local languages. Sylvestre called me about a minute after "Relaxation" went up to make this request. We're going to have to make this a streamlined process to make that happen quickly and smoothly.

On that Facebook page, you'll see a typical picture of Michael...his best side (sorry, Michael...had to do it!) Michael and his nephew, Joey, got the fence repaired from the cows breaking down the rails and posts in an effort to have "freedom from the box." Thank goodness we've had some donations so we could afford to replace our aging tractor last fall, or this post hole digging would have been a lot more effort!



I've also been paying attention to how people are reacting to having their lives disrupted so severely. Not being able to be physically available has led to grief popping up in all kinds of ways. Here's an insightful article that helps explain it with interesting resources: <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>